

# **DELHI NETWORK**

AUGUST 2000



# CAR AND COACH RENTALS



AMBASSADOR  
CONTESSA  
TATA SUMO  
ESTEEM  
CIELO

HONDA-CITY  
OPEL ASTRA  
MERCEDES BENZ  
4 x 4 TATA SAFARI  
VANS & COACHES

- Latest Model Cars of all Makes
- 24 Hours Service
- Approved by Govt. of India
- Uniformed & Experienced Chauffeurs
- Special Deals for Long Term
- We accept all credit cards



**State Express**  
10, CSC, Kaka Nagar, New Delhi-3  
Phone: 4690837, 4646740  
Mobile : 9811089932, 9810095290  
TeleFax: 4631351  
E-mail : statexp@del2.vsnl.net.in



# Delhi Network

## Board Members

### Executive Committee

President	Brenda Beards	614-0519
Vice President	Jeannine Grant	614-2672
Secretary	Rachael Hofmann	9810080368
Treasurer	Anita Reid	680-5967

### Committee Chairpersons

Charity	Minnie Butalia	649-5251
Diplomatic Liaison	Leena Hanevold	688-5508
Handbook	TBA	
Membership	Sue Lohage	622-3344
Newcomers	Jackie van Ommen (acting)	680-2136
Newsletter	Kathy Pritchard	686-2245 9811118958
Office Manager	Sandra Buhler	614-3115 (Office 679-1234 ext. 1505)
Programs	Jackie van Ommen	680-2136
Social	Asha Nanavati	601-8162

Delhi Network is a non-profit organisation whose main purpose is to support the expatriates living and working in New Delhi. Everyone on the Board and the committees volunteer their time.

## In This Issue

From Your President	2
Neighbourhood Co-ordinators	3
Dates For Your Diary	5
The Neem Tree	6-7
Delhi Commonwealth Women's Ass	8-9
Newcomers	10
Trip to Kashmir	12-14
Seven Cities Group	15
Notice Board	16-17
Men in Meghalaya	18
Off the Beaten Track	19
Joke Time	20
Something to do	22-23
How to wear a Sari	24
Sports	25
Services	26

Dear Delhi Network Members,

Oh yeah, I'm still here lah! Well, just for a bit longer. So this newsletter will be a joint venture if you like. Because we have found a wonderful person who has volunteered to take over! Her name is Kathy Pritchard and she has been in India for a while now, but involved with other groups.

Kathy will still need volunteers to form a committee as she is not in Delhi all year round so if you can help, please give her a call or send her an email. And how I do the formal handover!...

....

Thank you Vicki,  
Following in Vicki's very able footsteps has made my life easier because she has left me quite a lot of helpful and useful information on being an editor. A great big thank you goes out to Vicki for all the hard work she has put in on behalf of Delhi Network. Good luck and bon voyage. Vicki.

Yes! I would be very grateful for any help or suggestions, if there is anything you feel that we do not cover in the News letter please let me know, any articles on most subjects would be welcome, please if there is anybody out there who would be willing to give me assistance it would be gratefully received. There is an old saying "Many Hands Make Light Work" and this is quite true in Delhi Network, we do need extra pairs of hands to help with the organisation and running of the Social Events—Area Co-ordinators

E-mail [pritchard@vsnl.com](mailto:pritchard@vsnl.com)

VF+KP/The Editors/August 2000



Delhi Network meetings are held on the third Tuesday of every month at 10 a.m. (the exception being August this year which falls on Indian Independence Day, so will be the 4th Tuesday) at the Hyatt Regency Hotel. Entrance to a meeting is Rs 150 for members and Rs 200 for non-members. Annual membership is Rs 300. You can become a member at any monthly meeting or at the Delhi Network office. Instead of waiting for August to renew/join, you can sign up now which will save time, rather than queuing up at the rush period. If members miss a meeting, they can get a newsletter from the Delhi Network Office at the Hyatt for Rs 50.

Delhi Network Handbooks are available for purchase at all meetings or at the office: cost Rs 300 for members and Rs 400 for non-members.

The Delhi Network office is located in the Hyatt's Shopping Arcade. The Office Manager is Sandra Buhler. Office hours are 10 am to 2 pm, Monday to Friday. Stop in for free advice, a newsletter or a Delhi Network Handbook if you missed the last meeting, or to drop off your newsletter contributions. We are seeking volunteers to work in the office. If you're interested (and it is a good way to meet new people), contact Sandra.

Delhi Network does not necessarily endorse or recommend the businesses advertised in this newsletter and the Board claims the right to refuse any advertisers who have had several complaints made against them by our members.



# From Your President



Welcome to all our new members hope you enjoy reading our newsletter and also thanks to all of you who have renewed on your return to Delhi. We look forward to seeing you at the monthly meetings and hope the vendors who come to show their products are of continuing interest. Please call us at the office if you have any alternative ideas on what we should have, just a telephone call, or even at the monthly meeting a note in the suggestion box whilst its still fresh in you mind and we will see what we can do to accommodate.

We now have a new editor, Kathy Pritchard who we welcome and thank for filling the void. Don't forget if you have any interesting pieces of information, or articles you have seen in the newspaper, amusing stories etc. Kathy would be happy to receive them, either by a-mail or she has a mail box in our office at the Hyatt, thank you.

If you want to learn more about Delhi and the seven cities that make it, there is an informal study group with the first meeting on Thursday 7<sup>th</sup> September, more information further along in the newsletter.


Our Mongolian B.B.Q., poolside at the Hyatt on 30th September is our next big event. This is for members and their partners only; if you can book early it will help the organisers a great deal.

Apologies to all those of you who were looking forward to the wearing of a sari talk at last months meeting. Also to the ladies who, by request had worn their own sari's. There was a communication breakdown in our office and the lady who was to give the talk. We will be trying to arrange this talk again later on in the year.

I would like to talk a little now about Neighbourhood Co-ordinators. As you will see from the newsletter there are many vacancies, now I for one would like to see the word 'vacant' removed from this page. The co-ordinator is a person who has been here for several months, or more and has some knowledge of her local surroundings. Not historical knowledge, just local shop that sells certain items of interest to all ex pats. Maybe who in the area has children, so that if you are a newcomer, you call your co-ordinator, if she doesn't have the answer she may know someone who does, and more importantly she will be living close to yourself. Some of the ladies who are co-ordinators have regular coffee mornings or organise outings for the group, but this is not a necessity. Just having a name and contact number in our newsletter could help out a newcomer, you may be lucky enough to live in an area where all yours neighbours are self sufficient, in which case your job would be very easy and you may feel superfluous to requirement, but be assured if assistance is needed you will be contacted. Please come up and talk to any one of us during the meeting if you are interested but want to ask questions before committing yourself. We love to talk to people, that's why we're on the committee, we love to talk. I think the only time I lose the capacity for continuous chatter is when I'm confronted with all of you at our meetings and the microphone comes into play. Have been 33advised that a stiff gin and tonic would probably help, but it certainly wouldn't be appropriate. Thank you for your patience

Brenda Beards  
Second floor front apartment  
16 Paschimi Marg  
Vasant Vihar  
New Delhi 110057  
Res. 91 11 6140519  
Mob. 91 98 10026462  
Email. Beebeards@mantraonline.com



Neighbourhood Co-ordinators			Support Groups by Nationality
Your co-ordinator is here to help you settle into your new home. Give her a call and introduce yourself and find out who else lives in your area and when the next meeting is going to be held.			<p><b>American Women's Association (AWA):</b> American passport holders or their spouses can join. Call the AWA office at 419-8000 ext. 4131 or 8509 between 9 am and 4.30 pm Mon-Fri. Talk to Bridget or an AWA officer.</p> <p><b>Australia and New Zealand Association:</b> Call Christine Evans on 687-6605 or Ingrid Crookshanks, 680-4586</p> <p><b>British Expats Group:</b> Contact Sylvia Johnson on 460-3851.</p> <p><b>Nederlandse Vereniging New Delhi:</b> Organiseert diverse evenementen en een maandelijks borrel. Als je lid wilt worden, of gewoon informatie wilt, bel Nanette Hulshof op 460-1660 of Gerco de Jong op 688-4951(off)/614-9704 (res).</p> <p><b>NORA (Nordic Association)</b> Contact names: Eva Dieden (Sweden) 687-5760 Anne Laipil (Finland) 614-4602 Kirsten Callinggaard (Denmark) 689-2401 Nina Husemoen (Norway) 621-8999 A forum where the Nordic community meets, socialises, and exchanges experiences in an informal atmosphere.</p> 
AREAS	CO-ORDINATOR	PHONE	
Vasant Vihar/ Vasant Kunj	Nora Twycross	612-2318	
West End/Shanti Niketan/ Anand Niketan/Aradhana Enclave/Safdarjung Enclave	Terri Levan	467-1819	
Chanakyapuri Barakamba Road	Vacant		
Greater Kailash I & I	Vacant		
Neeti Bagh/Gulmohar Park Defence Colony/Udai Park Anand Lok	Vacant		
Jorbagh/Golf Links/Sunder Nagar Prithviraj Road/Aurangzeb Rd.	Vacant		
Panshcheel Park/ Haus Khas/ Green Park/Padmini Enclave/ Shivalik Navjivan Vihar/ Qutab Enclave/Mayfair Gardens/ Sarva Priya Vihar	Risham Chawla	649-7025	
New Friends Colony/ Friends Colony East/ Friends Colony West Maharani Bagh	Trudy Brasell-Jones	632-3422	
Sainik Farms	Martine Walsh	696-0829	
Chattarpur/Jonapur/Gadaipur	Monica Modak	680-9365	
Bijwasan/Rajokri/Surpriya Vihar Gurgaon	Alicia Odedra	506-4777	
For more information, please contact Jackie vanOmmen on 680-2136.			

Please note that a large number of people leave Delhi during the summer months. If you are newly arrived during this period, you may be disappointed not to be able to contact some of those listed above. Most folks will be back early August, but if you are in need to just talk to someone, call in at the office or call any of the board members.

**THERE ARE STILL 4 VACANCIES FOR NEIGHBOURHOOD LEADERS. IF ANYONE WOULD LIKE TO VOLUNTEER, PLEASE CONTACT JACKIE VAN OMMEN OR BRENDA BEARDS FOR MORE INFORMATION.**



# MacDonald Sarin

*Looking for that special property?  
Apartment, house, farm house or  
commercial properties, land for residential or commercial  
requirements.*

*MacDonald Sarin will locate the best  
properties in prime areas.*

*With several years experience  
specialising in the requirements of  
expats and the international community,  
we understand what you are looking for.*

*Why not give us a try, let us show you some of the prime  
properties Delhi has to offer.*

Relocation  
and Realty

TG-2C/14  
Garden Estate,  
Gurgaon 122002,  
Haryana

Call

Maggie or Ajit Sarin  
on Cell:

98 100 41559

or 91 353017,

91 356873 (telefax)

Email:

macsar@ndf.vsnl.net.in



## MOVING HOUSE?

**DO YOU NEED SOMEONE TO HELP GET RID OF YOUR  
GOODS - QUICKLY?**

**MR. PAHWA** has been working with embassies and foreigners for over 10 years

*"The whole process was conducted in a very  
efficient manner and I would recommend your  
services to anyone leaving Delhi", Joe  
McKenna, Director Implementation, Ericsson  
Telephone Corp India*

*"...put on record my appreciation for the way  
you handled the sale of my household goods."  
Denise Edwards, Delhi Network Newcomers*

*"He did a thorough and efficient job and as  
things turned out, he was able to get more  
money for us than we could have done  
ourselves. Please feel free to use his  
services as we highly recommend him. If  
you would like to question me further,  
please write to me at  
sharonb@poboxes.com"  
Sharon Bloyer, IT Manager, American  
Embassy School*

**Phone us on**

**689-5537, 689-9371, 98102-58658**





# Dates for Your Diary

**Friday September 1st**

## **Delhi Commonwealth Women's Association**

Handicraft Bazaar  
At the Hyatt Regency Hotel Ballroom  
From 10am—3pm

**Tuesday, September 19th**

## **Delhi Network Gathering**

10 am  
Hyatt Regency Ballroom



**Saturday September 30th**  
8.00 P.M.

**Delhi Network**  
Mongolian Barbeque  
Members and spouses only



## **ART EXHIBITIONS**

### **AIFACS GALLERY**

Rafi Marg (3711315) 11am—6pm  
(closed Sunday)

August 25—31st:  
Exhibition of paintings by Sushma Agrawal

August 28—Sept 7th  
Exhibition of 148 works of French-Hungarian artist Victor Vasarely, organised by Alliance Francaise and the Hungarian Cultural Centre

### **ART FORUM**

39 Sadhana Enclave (60115288) 11am—7pm  
(Closed Tuesday)

Aug—September 13th  
Exhibition of Landscape oil paintings by A S Buller

### **HABITAT WORLD**

Indian Habitat Centre  
Lodi Road (4691920) 10am—8pm  
Open all days  
August 25—27th

On canvas, by Pradip Maltra, Manoj Dutta and Manoj Mitra amongst others. Presented by Gallery Om

## **CULINARY TIP.**

Before you roll out pastry, try putting your rolling pin (marble is the best) in the freezer for about 1 hour before using.

## **CHICKEN IN PLUM SAUCE**

### *Metric*

1 x 1.5 kg chicken, jointed  
1 onion, peeled and chopped  
500g fresh plums, stoned  
Cooked sieved to puree  
Juice of half a lemon  
1 bay leaf  
Salt  
Pepper

### *Imperial*

1 x 3 lb chicken, jointed  
1 onion, peeled and chopped  
1 lb fresh plums  
cooked and sieved to puree  
Juice of half a lemon  
1 bay leaf  
Salt  
Pepper

Cooking time About 1 hr 30 mins  
Oven: 180 deg C, 350 F, Gas Mark 4

Melt butter in a flame proof casserole. Add the chicken and onion and fry gently until the chicken is lightly browned on all sides. Add the plum puree, lemon juice, bay leaf and salt and pepper to taste. Cover and transfer to a preheated moderate oven. Cook for 1 hour 30 minutes or until tender. Remove the bay and adjust the seasoning before serving.

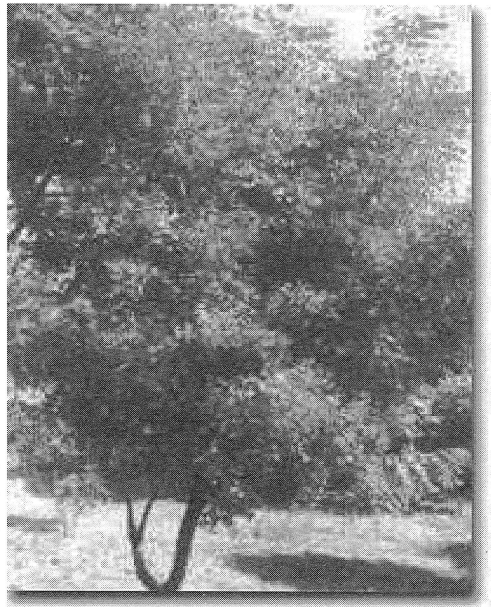


# THE NEEM TREE

## Neem: A Tree for Solving Global Problems - A Tree of 1000 Uses

The people of India have long revered the neem tree (*Azadirachta indica*). For centuries, millions have cleaned their teeth with neem twigs, smeared skin disorders with neem-leaf juice, taken neem tea as a tonic, and placed neem leaves in their beds, books, grain bins, cupboards, and closets to keep away troublesome bugs. The tree has relieved so many different pains, fevers, infections, and other complaints that it has been called "the village pharmacy."

The neem tree is a slow-growing tropical evergreen related to mahogany with an often crooked trunk. Native to east India and Burma, it grows in much of Southeast Asia and West Africa. Its Sanskrit name: *arishta*, means "reliever of sickness." The neem tree does well in sub-humid to semiarid conditions without irrigation and very little rainfall. One of the world's largest plantations is in Saudi Arabia, where approximately 50,000 trees have been planted on the Plains of Arafat.



To the people of India neem has miraculous powers, and now scientists around the world are beginning to think they may be right. Two decades of research have revealed promising results in so many disciplines that this obscure species may be of enormous benefit to countries both poor and rich. Even some of the most cautious researchers are saying that "neem deserves to be called a wonder plant."

In particular, neem may be the harbinger of a new generation of "soft" pesticides that will allow people to protect crops in benign ways. Although apparently justified by the evidence, the rising enthusiasm is based largely on exploratory investigations rather than controlled experiments or the widespread use of neem products in modern practice. The results have seldom, if ever, been subjected to the rigors of independent evaluation or use. Once that happens, everything may change.

Neem has been used in India and all of south Asia for thousands of years as the preferred method for maintaining healthy teeth and gums (Patel, 1988). The people of India chew a neem twig until the end becomes bristles then brush with the natural "toothbrush" to clean their teeth after meals. The bark and sap within the twig help clean the teeth and protect the mouth from disease. For those not inclined to chew neem twigs, toothpastes and mouthwashes containing neem are now available.

Neem is an herb of choice for skin diseases because of its bitter principles and has proven to be highly effective in treating disorders like psoriasis, acne, eczema, itching, dandruff and warts (Ghosh, 1987). According to Ayurveda, the excess of sugary substances in the body causes skin diseases. To counteract them, the opposite of sugar -- bitter -- is prescribed. (Puri, 1993) Neem has been used for treating all sorts of skin problems for thousands of years and is considered to be equal to or even superior to aloe in its healing properties. It is also used for the treatment of acne by killing the bacteria and reducing inflammation. To prevent and heal acne, first wash with neem soap, then use a neem face pack to soothe and tighten the skin. Finally, apply a neem-based cream to moisturise and condition the skin.

To treat dandruff, apply a neem-based cream to the scalp shortly before bathing. This will loosen the scaly flakes and soften the scalp. Using a neem shampoo, will remove the loosened flakes and kill any pathogen that may attack the scalp. After the bath, apply a very small amount of neem cream to the scalp and towel dry the hair to remove any excess. Taking neem leaf tea, or using neem leaf capsules after an especially fatty or sugary meal will also help balance the body which can help prevent dandruff..



For mildly dry skin wash with neem soap, then apply a neem lotion as a moisturiser. For severe dry skin, after washing, apply neem cream and repeat several times daily until the skin has recovered its natural balance.

Neem seeds contain up to 40 percent oil. Because it has antibacterial and anti-fungal properties it is a useful ingredient in soaps, disinfectants, pharmaceuticals and cosmetics. Neem cake, the residue left after extracting oil from the seeds, is an excellent fertiliser, several times richer in plant nutrients than manure. It helps keep nitrogen in the soil and kills damaging nematodes without damaging the environment. The seeds and leaves yield azadirachtin, a new, non-toxic insect repellent and growth regulator. It is systemic in that it is absorbed into a plant and works from within. Japanese beetles and over two hundred other insect pests, even the desert locust, will starve before they will eat plants treated with the extract. It is safe for humans, pets, birds and beneficial insects. It is pure natural plant extract and biodegrades quickly so is not a pollution hazard. When planted near the home, mature neem trees will repel mosquitoes, gnats and biting flies while the leaf litter repels fleas, ticks and roaches from the yard.

The first recorded use of Neem is attributed to the ancient East Indian Harrappa culture which added the plant to dozens of health and beauty aids 4,500 years ago. The centuries-old healing system, Ayurvedic medicine, has utilised these timeless neem formulations as a mainstay of the Ayurvedic pharmacy. Medicinal attributes of Neem were extolled in the oldest Sanskrit writings. Neem has been continuously referred to as the "village pharmacy" due to its incredible array of healing properties. Its usefulness as a natural non-toxic insecticide, among other fascinating properties, further increases its phenomenal applications.

In India, neem is vitally important in cultural and religious events. On the new year day of the Hindu calendar, while worshipping the sun, millions of Indians eat a few tender and fresh neem leaves first thing in the morning.

As with all foods, medicines and botanicals, consult a health care professional before using neem. People with any existing medical condition who are on medication or under a doctors care, should seek medical advice before incorporating neem into their health care program. Pregnant and lactating women should avoid neem entirely unless prescribed by their health care provider. The information in this article is for informational purposes only.



#### Bibliography

Websites: [http://www.  
http://www.  
html/neem\\_tree.htm](http://www.http://www.html/neem_tree.htm)

<http://www.igin.com/treelinks/neem.html>

Neem Fruit and Leaves

[neem-tree.com/](http://neem-tree.com/)  
[indiancultureonline.com/Mystica/](http://indiancultureonline.com/Mystica/)



# THE HANDICRAFT BAZAAR



*The Delhi Commonwealth Women's Association is organising The Handicrafts Bazaar  
On Friday, September 1st, at the Hyatt Regency Hotel Ballroom  
From 10 am to 3 pm*

A fundraiser for the DCWA Medical Centre at Jamradpur, this Bazaar will feature mainly women entrepreneurs and a very wide range of extremely creative, high quality products: -

Furniture, jewellery, paintings.

Alternative healing  
books, tea, silver-  
frame, dupattas,  
handmade paper,  
items, children's



systems, shawls, crochet  
plated items, linen, table-  
saris, wrought iron, ceramics,  
embroideries, stained glass  
clothes, papier mache, candles, cushion covers, bedspreads.



bags, bean bags,  
ware, pickles,  
gift wrapping,  
paintings and

NGO's and other charitable organisations will also be participating.

Treat yourself to a piece of jewellery, buy a gift for your best friend, browse through some books or just come along to take a peek into what your future holds! So come in large numbers and make sure you spread the word so you can share the fun with your friends and colleagues

For additional information -

Call Sunaina Suneja, Handicrafts Chairperson,  
DCWA at 651-3073, 617-1453 or e-mail [sunaina@nda.vsnl.net.in](mailto:sunaina@nda.vsnl.net.in)



## **DID YOU KNOW THAT**

### **DELHI COMMONWEALTH WOMEN'S ASSOCIATION**

Was founded in 1952 to enable members of the Commonwealth to meet each other and Delhi residents, to learn Indian culture and customs through talks and social gatherings. However:

#### **Social Services**

The members recognised that there was a more important need, to help various underprivileged groups in the city. Over the years the DCWA has helped many people and organisations in a variety of ways from buying wheel chairs, artificial limbs and callipers for shoes, sewing machines and bicycles. DCWA now donates to a variety of worthwhile organisations and needy individuals and many children have been awarded educational scholarships. A knitting project, "Jhuggi Jumpers" has gathered international support and kept many children warm during winter months.

#### **Medical Centre**

Perhaps the DCWA's greatest achievement is its MEDICAL CENTRE at Zamrudpur. This 'clinic' began in a hut with a few members some 15 years ago. At the time Zamrudpur was an under developed area of jhuggi or slum dwellings. The clinic was set up to provide medical treatment and drugs virtually free of charge to destitute families twice weekly. From these very humble beginnings it has grown into a large purpose-built clinic open six days a week treating over 2000 people per month. At least two doctors are always available for general consultation. Nursing treatment, drugs, physiotherapy and x-rays are provided along with antenatal care, an ENT specialist, an ophthalmologist and a dentist. Special clinics are held for family planning, immunisation and cancer detection. Classes are held for local village women where talks are given on health and hygiene, budget management, simple cookery and teaching young women to sew for a living. Alongside the clinic is a school for jhuggi children. The DCWA provides these children with all educational requirements plus a nourishing meal daily, shoes and uniform.

We have once again started daily clinics at jhuggis around South Delhi. The Lieutenant-Governor of Delhi kindly donated a van for this purpose.

'H.A.T.P.' (Hospitals Aid Training Programme) for school dropouts was launched in 1993. The Hospital Association of India has approved this programme and certificates are awarded to the students on completion of the six months course.

#### **Fund Raising**

Originally the clinic was run on a purely voluntary basis but with growth there has been an increasing need for some permanent staff such as nurses, a physiotherapist, pharmacist, x-ray technician, clerks and cleaners. All the doctors' services and the unskilled help are given voluntarily but running a busy clinic requires money. DCWA members arrange various fund raising functions to meet the running expenses of the Centre. Annually in November an International Charity Bazaar is organised with active help from the Diplomatic Missions in Delhi. Throughout the year we hold charity craft sales and jumble sales as well as an Annual Charity Ball in the spring.

#### **Membership**

Membership of the Association is open to all women of the Indian community and women of the Commonwealth and, as Associate Members, women from the other countries residing in Delhi. The ratio of Membership is maintained as far as possible two thirds Indian and one third from other Commonwealth countries and the Associate members. Membership application forms can be obtained from:-

**If you would like more information please contact:-**

Bernadette Macdonald-Raggett,  
11 Radnor House  
British High Commission  
Chanakyapuri  
New Delhi 110021

**The Chairperson  
DCWA Medical Centre  
Zamrudpur  
Kailash Colony Extension  
New Delhi—110048 Telephone 6427878**



## NEWCOMERS



**You are in a Hotel, your ready to go out with some agents to look at housing. start?**

**Where do you**

**Here are some tips:-**

Talk to friends who have had success with their agents and get their names and telephone numbers. Call the agents  
Check the Landlord thoroughly

The visit should be made ideally on an afternoon, when you can check the sunlight penetration— you don't want the western sun in the summers.

Don't move so fast....

- How much space do I need
- Price, location and neighbourhood
- Commuting to work/school
- Survey surroundings for possible sources of constant noise or bad smell ( Not too close to markets, schools, temples, alleyways or Jhuggis)
- Fresh painted walls are the tenants right, so check that and if the add says furnished decide whether you want to pay for what looks like the landlords throwaways.
- Kitchen (fan, exhaust for oven, enough power for outlets for modern appliances, place for gas bottle
- Fixtures and geysers in good shape,
- Terrace/yard of garden area, domestic help quarters
- Area inside gate for parking or garage, area for generator
- Enough current in all outlets? Do all phases work?
- Water works in all bathrooms and kitchen
- Bathroom plumbing ventilation & slopes are extremely important. Having only an exhaust for ventilation in the toilet premises can cause a smell for most parts of the day
- A separate water tank that assures 24 hour store supply is desirable
- Guard shack available



Further information available in the Delhi Network Handbook

- **Newcomers coffee morning every Tuesday (except 3rd Tuesday of the month) from 10 am - 12 pm at the Hyatt Regency Hotel.**

# RISHAM CHAWLA DESIGN STUDIO

:: ACCESSORIES : GIFTS : JEWELLERY ::

AN AMAZING RANGE OF DESIGNER  
JEWELLERY : SEMI-PRECIOUS AND PRECIOUS  
STONES SET IN STERLING SILVER, VERMEIL  
AND GOLD.

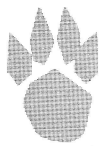
A FINE COLLECTION OF FINELY STRUNG  
UNIQUE GEMSTONES, PEARLS, AND  
HAND-CRAFTED SILVER

THE STUDIO ALSO HOUSES A WONDERFUL  
DISPLAY OF SILVER GIFT ITEMS, JEWEL BOXES,  
ACCESSORIES AND UNUSUAL  
COLLECTIBLES.

I AM ALWAYS DELIGHTED TO UNDERTAKE  
SPECIAL COMMISSIONS.

PLEASE TELEPHONE FOR AN APPOINTMENT  
TO VISIT THE STUDIO : 649 7025  
N-21 PANCHSHILA PARK, NEW DELHI 10017

"JEWELLERY BY DESIGN"



*"Unseen they suffer  
Unheard they cry  
In agony they linger  
In silence they die"*



**Dr. Mitra's**

**Animal Clinic**

**and Surgery**

Vet: Dr. Jasjeet Josan B.V.Sc & A.H., M.I.S.V.S.  
Specialist in Canine & Feline Surgery

Consulting Physician and Surgeon to:  
Ranbaxy Pharmaceuticals & 32 Milestone group of hotels,  
Appointed official vet for French Embassy & German Embassy

All vaccinations available  
All lab facilities available - skin, blood, stool, x-ray  
Available for emergencies 24 hrs. & House calls all over Delhi  
And Gurgaon

**E 6/12 DLF Qutab Enclave Phase I, Arjun Marg, Gurgaon**  
(near Shopping Mall & Privat Hospital)

Phone 916355553/916367812

Mobile 9811170812

Delhi Centre 6134661/6133028

Open: 10a.m.—1p.m.

5.30 p.m.—8 p.m.

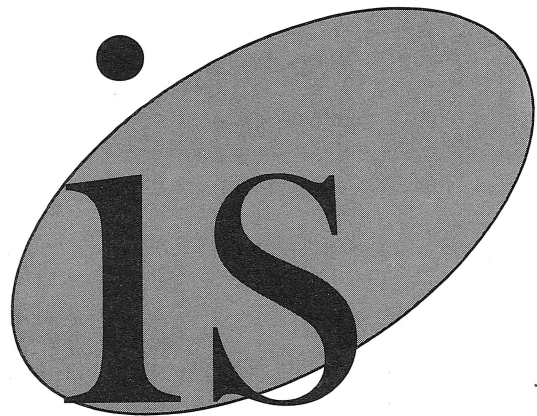
(Sunday Closed)

Email drjosan@hotmail.com



*The house of  
exquisitely hand  
crafted furniture*

*Restored antiques  
and reproductions in  
the finest traditions of  
Indian Craft*



**inner  
space**

**D-428 Defence Colony, New Delhi 110024**

**Tel : 469-1164, 462-7419**

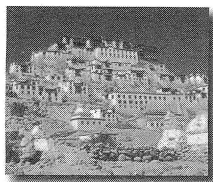
**Mobile : 98100 28909**

**Www.innerspaceindia.com**



# My Trip in July to Leh and Srinagar in Kashmir

With stark  
above the tree  
desolate  
Karakoram  
various shades

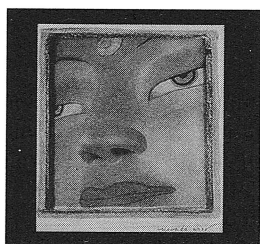


landscape which is way  
line. The colours of the  
Himalaya and  
ranges up there are  
of brown with a tinge

of mauve here and there. We could see little pockets of green that looked to be oases. On arrival the luggage was soon retrieved and off we were driven to Ladakh Sarai and it was interesting to see the faces in the street, mainly of Tibetan origin. Our home for the next three nights was a deluxe camp set amid a grove of willow trees. The tents are called 'yurts' modelled on Mongolian and central Asian akais. They are round, set on a high mud floor base with concrete surround (a modern invention!) with a window and a billowing inner ceiling. There was an entrance door up a few steps and at the back there was another door leading to the bathroom in an adjoining concrete annexe. There were rough woven reed mats covering the floor, twin beds with a side table, a couple of cane chairs and a portable wooden frame cupboard affair with a curtain. There were around 15 of these 'yurts' on two levels of land and all of the yurts overlooked the valley and the Himalayas. There was a central building with a dining room and two lounging rooms and the building was painted in traditional colours of white with maroon and black borders. We flew to Leh, which is about 55 minutes – a perfect length of time to be in an aeroplane I reckon. In the air we could view the interesting



As Leh is 11,500 feet above sea level, it is most important to take it easy for the first couple of days or so. There is a feeling of light-headedness and some shortness of breath and perhaps a bit of a headache and nausea. You are advised to drink plenty of liquids and take aspirin with you. Aspirin thins the blood as altitude sickness is caused primarily by the constricting of the blood vessels (so I was told by someone who should know). So we did take it easy the first day and had a short trip out during the second afternoon visiting the Stok Palace (which is still inhabited by the local royal family) and a Buddhist stupa built by the Japanese. The



predominant religion of Leh is Buddhism but there are also Muslims and some Christians. On the third day we visited Thikse Monastery, a stunning place built on top of a hill with an excellent 360 degree view. There was a very beautiful 40 foot tall Maitreya Buddha (the future Buddha). We

also did Shey palace, a previous royal residence which now is in state of repair. We took in the view and went into the gompas there where a local monk spends his day and there is a tall statue of the sitting Buddha.

As we had only planned to be in Leh for three days

was the extent of our travels. To avoid the necessity of acclimatising, it would be desirable to travel to Leh by road, thereby allowing your body to slowly get used to the altitude; or alternatively allow yourself a longer stay. There are many treks to be taken in this area and all sounded extremely interesting – some strenuous for the super-fit and others of a more leisurely gait or you could do it all by hired jeep, driver cook and bottle-washer. In fact Ladakh Sarai have the staff to bring you on a two-day camping trip to Leh and can arrange any hiking/trekking you would care to experience in that area.



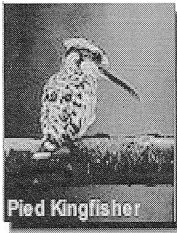
Next morning we set off for the airport at 6.00 am and had a bit of a wait for the plane to arrive from Delhi, which would then take us on to Srinagar. Because of the location and the weather this can happen from time to time. It was our lucky day though and eventually we were in the air.

It was a dream come true to arrive in Srinagar. We had a half hour drive to Butt's Clermont Houseboats and a wonderful greeting from Mr. Butt and his workers and an entreaty to look at his 'Rogue's Gallery' of VIP's who have stayed there over the years. We had a nice lunch and settled down for a rest.

The houseboats are British-designed and are on the Dal and Nagin Lakes and part of the Jhelum River that flows through the city and are in long, straggling rows. The concept of houseboats in Kashmir came about during the British Raj. When the British finally discovered Kashmir, the Maharaja forbade European building on his land. So the ever-resourceful island race 'improved' the lakes and took to boats. The first boat was built around 1875. We stayed in an isolated part of Dal Lake and the 5 operating boats are owned by the one family, along with the Naseem Gardens on the bank, dotted with huge chinars (oriental plane) trees bought from Iran and planted by the Moghuls 400 years ago. Right near to where we stayed is the Hazratbal Mosque in white marble, which contains a hair of the Prophet Mohammad. We of course were woken at around 4.30 each morning with the call of the muezzin which went on till around 6.00 but that will happen no matter where you stay.

We took a shikara ride (the local word for a gondola) that evening to view the sunset. It was superb. The shikaras have a canopied double bed to loll on and the paddle man is far enough back in the boat not to disturb you if you're having a chat, but close enough for him to be able to advise on queries about the life on the lake, be it bird or human, or any landmarks.

The lake has large areas covered with lotus plants and this time of year the flowers were just opening up, so it was beautiful to behold. They will be at their best in August. Also, as the houseboats are moored right in the middle of the plants, you get a fantastic view from the windows of the lotus flowers, the lake, life on the lake, and the backdrop



mountains where the sun peeps over each morning. We were also impressed by the excellent bird life, especially the blue and the pied kingfishers, bulbuls and various types of heron.

The houseboats are very comfortable even though you can see the effects of the lack of tourists in the region. There have been problems for 11 years since Islamic militants began an insurrection to separate the state from Hindu-majority India. A shame as it is such a beautiful part of the country. Mr. Butt is very proud of his guest books so one is pressed to look through them and you can see the lack of numbers. Each boat has its own bearer to take care of you. The cooking pavilion is on the bank, which caters to all the boats. Ramzan was our bearer and would come and bring us bed tea in the morning and breakfast a little later. Breakfast normally consisted of Kashmiri bread, toast and pancakes with delicious Kashmiri lotus blossom honey. We were invariably offered coconut macaroons or cookies with our morning and afternoon tea. Our wish was their command, they all just wanted us to be happy and it showed. Clermont is well known as having delicious food - lunches and dinners were a mix of Kashmiri and western dishes, but you could ask for anything you wanted. I asked one evening if the cook could do gobi parantha and there it was on the breakfast table next morning! Also try Kashmiri tea (*kahwa*), very sweet and flavoured with saffron, cardamom and almonds. The houseboats are one, two or three bedroom with a very elegant dining/sitting room with comfortable sofas and easy chairs plus a writing desk and chair. All the furnishing fabric was crewelwork or chain stitch, which is famous in the area and looked perfect in the boats.

The major handicrafts in the area of course the famous Kashmiri silk carpets, shawls, papier mache trinket boxes, bowls, trays, etc. and the above-mentioned crewel work sewn on to rugs, clothing and furnishing fabric. The carved walnut furniture, jewellery boxes, trays, etc. were a good buy and there would be something there to please anybody's taste.

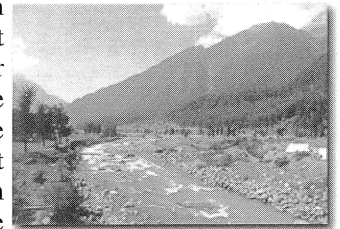
There are several sight-seeing opportunities. By shikara you can visit the floating gardens. During the Mughal times this system of growing was devised due to the frequent flooding. I think the base of the gardens are willow roots, topped off with dried seaweed. The veggie seeds are planted in dried seaweed balls and hey presto! You have a garden and one that can be towed anywhere you like. It was lovely being rowed in and out of the gardens along water 'roads' seeing the inhabitants going about their chores; some harvesting lotus root, weeds for their cows or fishing - almost every boat having a hookah or hubble bubble and the guys taking a puff every now and then. Very relaxing and very definitely my style of travel. We also got up one morning at 4.30 am to go on another shikara ride to the floating vegetable market. We were little sleepy-heads being rowed off into the dawn. It was about

by the time we got there it was well cascades and beautifully laid out gardens. Apparently these gardens have only been open for the last couple of years, the military having closed them off to visitors since 1989. The military have also taken over several hotels in the area and Akbar's Fort which is still closed to visitors.

Security is very strict when you leave Srinagar. Our baggage was x-rayed at the perimeter of the airport and we had a body check. Fortunately we had already been told that we could not carry any hand luggage onto the plane, apart from a book, our passport, one pen and our money and any valuable jewellery. On arrival at the airport building, we had another body check and another one just before boarding the plane. It made sense to cut out the hand luggage from the point of view of the length of time it took for guards to go through everyone's hand luggage. This is the situation when departing from Leh. There, all batteries had to be removed from cameras, radios, etc. and then put into your check-in luggage. As you can imagine, it was rather time consuming, however all these measures made us rest easy about flying in the region. If you have no hand luggage you're definitely better off, but in Srinagar you have no choice.

In conclusion, I can say that we had a wonderful time and were very sad to leave the tender ministrations of the staff at Butts in Srinagar, especially as we were there for 8 nights. The staff at Ladakh Sarai in Leh were also excellent and took great care of us, being particularly concerned at how the altitude was affecting each person.

Srinagar is a definite trouble-spot and all Embassies and High Commissions would not recommend that you visit, however I felt quite safe in the bosom of the Butt family so to speak. They ensure that you are accompanied wherever you go and if you have common sense, all should be fine. No trekking should be undertaken of course and avoid particularly busy areas, such as markets where it is possible bombs may be let off but remember that this can also happen in Delhi and has happened recently near the Red Fort. There are a high number of soldiers with body armour and automatic rifles wherever you go, they are very visible, so this bestows a level of comfort. There is a self-imposed curfew - folks do not venture out after dark so you need to take books and games to keep yourself occupied during the evening hours. Srinagar is a 'dry' town but you can take your own alcohol with you (we did however spy a beer and wine shop in the military area, so you could check this out). Shopping for Kashmiri handicrafts can be carried out in Delhi in any case, so it is possible to avoid busy places and you could always ask your hosts first before visiting any place.





The houseboat or hotel people should collect you from the airport and will arrange any sightseeing you wish to do. It is such a lovely part of the world that it would be a shame to miss it while you are so close, only 50 minutes by plane and you can use Jet, who fly twice a day between Delhi and Srinagar. You would need to check if Jet fly to Leh; because we flew Delhi/Leh/Srinagar/Delhi, we had to use Indian Airlines.

If you would like to book at either place that we stayed in, here are the details:

Butt's Clermont House Boats, Naseem Bagh, Hazratbal, Srinagar, Kashmir, 190006.

Phone 0194-420325/424567/427220, Fax 0194-427231. Email: faisalkbutt@hotmail.com,

Web site: [www.fkarim.web.com](http://www.fkarim.web.com) Expect to pay between Rs.1500-2000 per person per night which includes all meals (soda water and drinks extra) – vehicle use is extra but reasonable and you will need to negotiate with the shikara owner for his time.

Ladakh Sarai, Ayu Village, Leh, C/- Mountain Travel India Pvt. Ltd., Tiger Tops India Pvt. Ltd., 1/1 Rani Jhansi Road, New Delhi 110055

Phone 367 1055 or 351 1483. Mountain Travel also have other resorts in India/Nepal, including the famous Tiger Tops in Nepal. Expect to pay approx. US\$75 per person per night which includes all meals and sightseeing – mineral water and other drinks extra.

Vicki Fennessy

Photos downloaded from

<http://www.nevadawier.com/budb.html>

<http://jammukashmir.nic.in/culture/welcome.html>

Some text taken from Louise Nicholson's India Companion 1991 edition.

#### SAFFRON, WALNUTS, ALMONDS, HONEY

Pampore, outside Srinagar, is the only place in the world besides Spain where saffron is grown. The crocus Sativus which blooms for a brief month in the year, has six golden stamens and one crimson one. It is the crimson Stamen which when collected and dried is referred to as the most expensive spice in the world.

The climate of Kashmir is ideal for walnut and almond trees which grow here in abundance. Natural honey too, is a produce of the apiaries which abound in the state.

Just a reminder

#### MARKETS AND SHOPPING AREAS

##### Closed for business

##### SUNDAY

Connaught Place, East of Kailash, Haus Khas Villiage, Janpath,, Jorbagh Kailash Colony, Khan Mkt , ,Nai Sadak, Nehru Place, Santushti , .

##### MONDAY

Central Makt, Defence Colony Mkt, INA Mkt, Karol Bagh, Lajpat Nagar, Laxmi Nagar, Nizamuddin, Sarojini Nagar Mkt, South Extension.

##### TUESDSAY

Aurobindo Place, Greater Kailash, (Except Fab India closed Sunday) Green Park, Hauz Khas, Ma New Friends Colony, Vasant Kunj, Vasant Vihar,

##### WEDENESDAY

Gopnath Bazaar

## INDIAN CULTURE STUDY GROUP Seven Cities of Delhi

This is a very informal group of people seeking to learn a little more about the rich culture of India, it's people, history and architecture. The Indian Culture Study Group was first set up in April 1992 and courses run every spring and autumn.

The group meets once a week for a period of eleven weeks. Each city is researched by two or three people on a shared basis – which makes it more fun – with each member researching a different part/aspect of their chosen location. They then conduct guided tours sharing their newly acquired knowledge with the rest of the group, not forgetting coffee and snacks which are a must at every meeting.

Whether you have been living in Delhi for a while or have just arrived, learning about the seven cities is an enjoyable way to make you feel that you are really a part of this fascinating capital – just ask any of the women who have already participated.

The first meeting of the next 'Seven Cities' study group is on Thursday 7 September 2000 at 12 Nightingale Court, British High Commission at 10 am.

**At this meeting we will be deciding who studies each area ; the actual tours will start four weeks later.  
( On Thursday 5 October)**

**Please phone Samantha Sinclair on 687 2161 extension 2572 after 31 July if**

- you want to join the course or
- you have signed up but won't be able to attend the meeting.



KALADHUNGI NAINITAL INDIA

## Camp Corbett

Corbett National Park lies 30 kms west of the Camp and is easily reached by a day excursion. The flora and fauna of the Park can be viewed by Jeep or elephant back.

Corbett is India's first national park and was created in 1936 under the guidance of Jim Corbett, a well known conservationist.

At the foot of the Kumaon Himalaya, located in a region of extensive mixed forests famous for their variety of animals and birds, CAMP CORBETT offers comfortable accommodation for groups or individual travellers.

You will be made very welcome here by the Anand family, experienced naturalists as well as very hospitable hosts. The mixed forests surrounding Camp Corbett are a paradise for the naturalist, birdwatcher or jungle lover. A jungle walk can reveal pug marks of both tiger and leopard as well as sightings of their prey.

Camp Corbett has 15 well finished and tastefully furnished cottages with double beds and attached baths. A Roundhouse in the centre of the camp is for dining and relaxation.

**Camp Corbett, Corbett Nagar, Kaladhungi 263140 Nainital District, Uttar Pradesh**

**Booking Office Delhi: Phone 91-11-6928458/6849943**

**Email meander@nds.vsnl.net.in**



## Bon Appetit

Caterers of Continental Cuisine

Bon Appetit organises private and corporate lunches, cocktails, barbecues and diners. They also undertake all other party arrangements.

For further enquiries, please contact Raymond Wasser:

**Bon Appetit**

6, Kautilya Marg  
Chanakypuri  
New Delhi 110021

Tel: 687-3133  
Mob: 98100922725



## Notice board

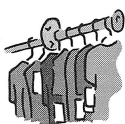
**MOST OF YOU KNOW THE NEED FOR SECOND HAND BOOKS. OUR SUPPLY AT THE DELHI NETWORK OFFICE IS DWINDLING!!!**  
**PLEASE – WE KEEP HEARING SOME OF YOU SAY “I MUST BRING MY OLD ONES IN” - DO IT NOW – YOUR FRIENDS NEED YOU!!**

### DENTIST

Dr Poonam Batra  
 B 4/54 Safdarjung Enclave  
 Tel: 6165173  
 Highly Recommended—Excellent English—Modern Equipped Surgery.

### For Sale.

**Zylex Comet 336 Modem (external)**  
 Software— AC Adaptor—connection— included  
 As Good as New.  
 Cost 6,000 Rps.  
 Price 3,000 Rps  
 Call Kathy Pritchard  
 6862245



Your President and Vice president  
 Brenda and Jeannine visited the Indian Summer Shop  
 G -88 Triveni Shopping Centre and were impressed  
 by the Western Style Summer Clothes

### STAFF AVAILABLE

#### DRIVER – AVAILABLE NOW

Anand has been driving for the company for 4-1/2 years now – 2-1/2 years of that time with us. As my husband's replacement has come from the local management team, he already had a driver, so our driver has unfortunately been let go. Anand is a very good driver, careful, does not constantly change lanes and rarely uses the horn. He is very honest which is important and will do any shopping or chores that are required. He knows Delhi very well and also speaks English very well.

#### HOUSEKEEPER AVAILABLE EARLY SEPTEMBER

Ayyavoo has been with us for 12 months and does everything – house cleaning, washing, ironing and cooks the evening meal. He is very polite and accommodating with all our requests. He is from Tamil Nadu so is very good with South Indian cooking as well as northern dishes and some Western dishes and is happy to learn. He speaks moderate English but can only read Tamil. He is a good worker and eager to please and always respectful.

Both staff members will require quarters if at all possible – at present they are residing at our farmhouse in Rajokri. Incidentally, the farmhouse will also be vacant, so if you are looking for a small, cute home with a lovely small garden with lots of bird-life, 10 minutes from the airport, the details of the residence are at the Delhi Network Office. If you are new to Delhi, you may be interested in taking on the house, driver and housekeeper! But of course they are all available singly. Neither of the staff drink or smoke.

Please call me on 506 6664/506 6665 or 9810122135. Call in the mornings if possible. Or email me on vfennessy@hotmail.com. I think my date of departure will be during the first half of September so email me if you can't reach me by phone. Vicki Fennessy

**The notice board is for the use of Delhi Network members only**

## Notice board

### Highly Recommended—Cleaner/Ayah Available in September

Sasse has been working for us since February 2000. We found her to be reliable, trustworthy and hardworking. She has single handedly cleaned our 4 bed farmhouse, including windows/fans and does all our pressing (she actually cleans in corners and under furniture without being reminded all the time!!) Sasses is very quiet and unassuming and never complains if her hours are changed to suit unexpected events and has taken care of our two children in the day or evening when required. Sasses required quarters for herself and daughter (15), preferably within the Vasant Vihar area where her daughter is currently at school.

Canotact Pat Cross on 6139702 or 98 111 56842

### FOR SALE: - BABY EQUIPMENT

Small pram, car seat (0—9mths)  
Baby seats x 2, Moses basket with new European foam mattress,  
Breast milk pump, newborn babyclothes (0—3 mths) hardly  
worn, Pamoers nappies (small sizes)

Please call 4106131 Justine Foley

### Job Vacancy

Aglo Indiago Travels PVT Ltd.

Lesley Marsh a British ex-pat is looking for a part/fulltime assistant for her travel agency, some computer skills/or knowledge of India would be very helpful.

Call her on 689-1471

### STAFF WANTED

An English speaking Aya/Maid for two days a week in the afternoon. Mt daughter is four years old. Best if you live near Nizamuddin.

Please call Thomas:- 98111-00661

### APARTMENT FOR RENT

In Defence Colony, residential area, four bedrooms with balconies and en suite bathrooms on 2nd floor. New construction and there is a elevator in the building  
Call Mrs Singh 461-8886 No brokers



## IN ONE MATRIARCHIAL SOCIETY IN INDIA MEN ARE BRISTLING WITH INDIGNATION AS POWER RESTS IN FEMININE HANDS.



Meghalaya is a beautiful place in the north-eastern corner of India. Meghalaya literally means the abode of the clouds, and may I let you into a secret: not all the men in the abode of the clouds are happy.

The reason is fairly simple. Belonging to a matriarchal society, these men love to smile when feminists pass their way, but otherwise are brimming with indignation. They even tried forming an organisation called Synkhong Rympei where men came together to protest against the atrocities women commit on them! The organisation exists even now but it is difficult as locals, say, to garner support.

The tribals of Meghalaya are, as all tribals, happy go lucky people worrying about their life from minute to minute. Khasi men are prime examples of this, enjoying their drink and having many stories to recount to each other. What keeps them going is that after a couple of drinks, it does not matter even if they repeat the same story again, no one is listening, no one is hearing. As they indulge themselves, their wives work hard earning the livelihood. As in most hill tribes, you will find more women in the market places selling their wares, more women working in every facet of life. Men seem like ornaments. Actually in Khasi society even that is not true. The Khasi women are so beautiful, that they are famous for their beauty.

In fact that is where the whole problem arose. Khasi women with their beauty and monetary power, tended to have a roving eye. Men from all over the world fell for them and proposed to them in marriage. The highly westernised society of Meghalaya, a fall out of colonial rule, lost no time in changing their way to match the worlds' and while men were left watching the women moved many a stride.

Soon it happened that a non-Khasi man was the head of his household while living in Meghalaya and even gave his children his name while a Khasi man still walked behind the name of his mother there was then the idea that children of mixed marriages should not be allowed a share in the property,

But who is to decide that because they were generally women who married outside and they were the boss! It hurt the male pride immensely and that is how Synkhong Rympei came to be.

In many houses, the man is still the *de facto* boss of the household. It comes naturally to the children to take the mother's name and that property moves along the matriarchal line. Women say that they will not let this situation change unless and until men change their way of life and become more responsible. The prospect seem frightening that sixty percent of the men themselves are against the change.

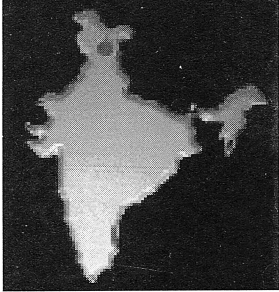
But this desperate bid by men who are struggling to wear the pants is now entertaining people rather than actually moving their women even by an inch.

Source: Araham Discover India



# ff The Beaten Track

## Dah & Hanu



## Dah & Hanu

## in Ladakh

On the far side of Ladakh's great Indus River, where frowning mountains rise on the right bank stretching out to that massive knot of the ranges referred to as the Hindu Kush, are a gentle people with strange ways, and stranger legends. For years they have been isolated by the sheer inaccessibility of their two villages, Dah and Hanu. Today, however, if you are willing to risk a rather bumpy car journey on a road into a cliff above the foaming river; and then a trek up a goat-track which looks much more dangerous than it is; you will have an experience which few other travellers have had.



### FASTFACTS

#### Access

Nearest airport is Leh - 187 km. Taxis are available.

#### Accommodation

Available in a range of hotels in Leh and in the tourist bungalow run by the state tourism department at Saspol 106 km from Dah.

A bend in the goat-track will open an unexpected prospect of terraced, green, barley fields, apricot trees, a scatter of sturdy stone huts and irrigation ditches covered with flag-stones to serve as paths.

The people of the villages are sharp-featured and handsome and most of them, both men and women, wear flowers in their caps. In the distant past, they will say, a few of their elders came scouting for a new land they saw was inhospitable, so they returned resolving to come back in the Spring. In the Spring they saw that barley seeds, dropped from the warm straw insulating their shoes, and sprouted. So, in course of time, the whole tribe moved here with their gods, the Lahs. The Lahs alone held the secret of fertility; but they wanted to dance all the time, so no work was done.

Eventually, the Dahs discovered the secret held by the Lahs and the Lahs, enraged, departed in a flash of fire and a loud explosion, leaving a huge hole in the ground.

<http://allindia.com/tourism/places/dah/default.asp>





### >Bureaucracy at its Finest

A New Orleans lawyer sought an FHA loan for a client. He was told the loan would be granted if he could prove satisfactory title to a parcel of property being offered as collateral. The title to the property dated back to 1803, which took the lawyer 3 months to track down. After sending the information to the FHA, he received the following reply (actual letter)

"Upon review of your letter adjoining your client's loan application, we note that the request is supported by an Abstract of Title. While we compliment the able manner in which you have prepared and presented an application, we must point out that you have only cleared title to the proposed collateral back to 1803. Before final approval can be accorded it will be necessary to clear title back to its origin." Annoyed, the lawyer responded as follows (actual letter):"

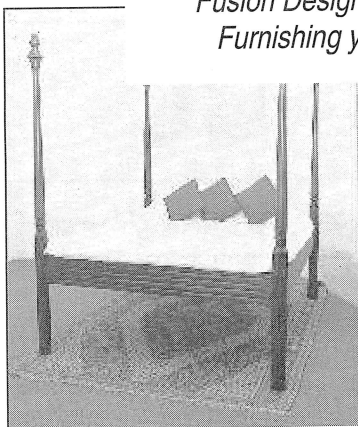
"Your letter, regarding title in Case 189156 has been received. I note that you wish to have title extended further than the 194 years covered by the present application. I was unaware that any educated person in this country, particularly those working in the property area, would not know that Louisiana was purchased by the U.S. from France in 1803, the year of origin identified in our application. For the edification of uninformed FHA bureaucrats, the title to land prior to U.S. ownership was obtained from France, which had acquired it by Right of Conquest from Spain. The land came into possession of Spain by Right of Discovery made in the year 1492 by a sea captain named Christopher Columbus, who had been granted the privilege of seeking a new route to India by then reigning monarch, Isabella. The good queen, being a pious woman and careful about titles, almost as much as the FHA, took the precaution of securing the blessing of the Pope before she sold her jewels to fund Columbus' expedition. Now the Pope, as I'm sure you know, is the emissary of Jesus Christ, the Son of God. In addition, God, it is commonly accepted, created this world. Therefore I believe it is safe to presume that He also made that part of the world called Louisiana. He, therefore, would be the owner of origin. I hope to hell you find His original claim to be satisfactory. Now, may we have our damn loan?"

>>

>> **They got it.**

>>

*Fusion Design Pvt. Ltd.  
Furnishing your life!*



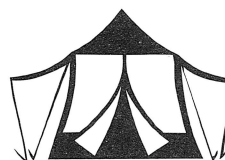
**Showroom (temp) at:  
V 39/24 DLF Phase III  
(just off NH8)  
Gurgaon**

**Call 9810194512 for  
an appointment (and  
transportation if required).**

**M a k e**  
your house in Delhi a  
home. Fusion Design  
can assist you with  
all aspects of  
furnishing your home or  
office, from tables and  
chairs to curtains, desks  
to sofas. Meet with our  
British furniture and  
interior designer, at your  
home or office, or visit  
our showroom. Truly  
western quality furniture  
at Indian prices. We  
pride ourselves on the  
quality of our products  
and our customers  
agree. There is no  
middleman, so we invite  
you to visit our  
workshop (by appoint-  
ment) to see your items  
in production.

**Furnishings and Interiors  
for discerning clients**

Email: fusion\_design@compuserve.com



## **PUSHKAR FAIR**

### *A Journey into a Bygone Era*

*11 kms from Ajmer on the edge of the desert lies the tiny  
tranquil town of Pushkar, along the bank of the picturesque  
Pushkar Lake. Every year a huge and colourful cattle fair –  
called the Pushkar Fair – is held during the month of*

*November and this year it is destined for*

**09 – 11 November, 2000.** *The most striking feature of  
this fair is Swiss Tents. This fair is host to a number of  
cultural events, folk dances, puppet shows, camel races and  
rides.*

*Accessibility:- 390 kms from Delhi. You can easily reach  
Ajmer by Shatabdi – an AC train and then cover 11 kms  
distance to Pushkar by Jeep.*

*For further information and bookings, contact:-*

**EXCEL NETWORK Tours & Conference Organisers**

Phone # 011-354-0943 / 351-7219 / 351-7221

Fax # 011-354-6263, email xlnet@nda.vsnl.net.in

# **GINGER ROOT**

**WELCOME TO DELHI!**

*We are pleased to announce that we're open for business!*

**Ginger Root** is a new line of elegant, ready to wear, "western" clothes for women ...all designed  
by a native New Yorker!

The **Ginger Root** clothes offer classic styles using top quality fabric... linen, silks, organza  
and chiffon... just in time for spring and summer!

Some of our best selling pieces:

- .....cool white linen sleeveless tops sequinned with whimsical designs
- .....sumptuous satin shirts in spring and summer pastels
- .....hand embroidered dresses
- .....crisp cotton shirts with double cuffs and Chinese style buttons
- .....elegant pashmina silk drawstring pants and co-ordinating silk tassar shirts
- ...just to name a few.

A room full of beautiful clothes, so please stop by and have a peek!

Please call Divya Dayal 614-8585 or 9810172527, E12/4 Vasant Vihar, 2nd floor

# Something to do

## **Adult Education**

**The American Embassy School offers evening courses.**

**Contact the school for current programme/fees. Tel: 611-7140 or 611-7146.**

**Spring session: Feb./March.**

**Fall session: September**

## **Aerobics**

Mandy Dakin has been teaching aerobics for the last 10 years. Trained in London, she spent the last 7 years teaching a variety of classes in a large chain of gyms based in 'the city' of London. Her aim is to make fitness fun and accessible to all. She is now teaching at the following times and venues:

Mondays at ACSA 6 – 7 pm

(Aqua Aerobics)

Tuesdays at ACSA 9 – 10 am

Wednesdays ACSA 6—7 pm

(Aqua Aerobics)

Tuesdays at the British High

Commission 6.15 – 7.15 pm

Thursdays at ACSA 9 – 10 am

Thursdays at the British High

Commission 6.15 – 7.15 pm

All classes are a mixture of mainly low impact and high impact moves followed by toning for the legs, abdominal, butt and upper body. Tuesday evening's class at the BHC is body conditioning only.

She hopes to begin aqua classes shortly. For further information call Mandy on 614-5818. Please bring water and a mat to the class.



## **Babies and Toddlers**

To all Mums – feeling lonely, need a chat, or the kids are driving you up the wall? Call for social meetings for Mums and little kids, Ingrid Crookshanks on 98110 93622 or Manju Isaacs 649-1397.

## **Dance and Fitness Centre**

In a superb wooden-floored studio near Lodhi Gardens, 21/A Amrita Shergill Marg. Classes include stretch, body toning, modern dance, jazz dance, aerobics and personalised fitness. Call Anne Devayani 463-6772.

## **DCWA**

Delhi Commonwealth Women's Association is an international group which runs various social events as well as a clinic for the poor. They are always looking for items for the pharmacy. Call Amina Singh on 614-5986 or 614-6023 for details.

## **Delhi Christian Fellowship**

Every Sunday at 9 am there is a church service at the Hyatt Regency Hotel with a Sunday School for children during the service plus bible study and a youth group.

## **French Lessons**

By a French national and graduate of Sorbonne-Paris University. Beginners or advanced levels. Call Anne Chaymotty-Devayani on 463- 6772, fax 463-3404

## **French speaking**

Groupe Francophone de Delhi. All French speakers welcome (whatever your nationality, whatever your level). This group runs an extensive range of cultural events, tours, lectures and get-togethers. Call Hélène Cazalet on 464-3682.

## **German Conversation Group**

If you like speaking German, (any level) and want to keep up or deepen your knowledge, please join us. We meet every 2nd Monday at 3 pm. For information call Karin Weselscheid on 612-3405 or Brunhilde Gupta on 696-2708.

## **Glow**

The Global League of Women is an organisation which promotes international friendships and understanding of different cultures. Call Serita Kakar 461-9627 for details.



## **Hindi Lessons**

Chaya Bhattacharya is a qualified tutor and is also willing to teach on the Bhagvad Gita. Call 462- 4704.

## **Indian Cookery**

Amita Khosla will teach you how to produce authentic Indian meals using ingredients available in the West. Call 469-2544 mornings.



## **Mah-Jong and Canasta Classes**

Lessons with Risham Chawla, 2-4pm on Wednesdays at N-21 Panchshila Park. Costs Rs 250 per session for a four-session course. Proceeds go to charity. Call 649-7025.

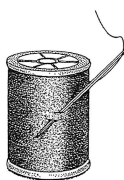
## **Navjyoti-Delhi**

### **Police Foundation**

Runs a school and nursery in a slum area at Yumuna Pushta. Two ex-pat nurses help out and they are looking for other volunteer nurses and health workers to give check-ups. Sunil Verma 98110 56000 has details.

## **Needlenuts**

Group meets Thursday 9.30-12.30 in different homes each week. Come and go as you please, work on what you like. Call Lynn Moss on 621-5065



## **NEWCOMERS**

Every Tuesday, 10-12 am, in Boardroom 2 at the Hyatt, to the right of the Ballroom, for an informative get-together over coffee and cakes. Oldies are also welcome to share their experiences.

## **Patchwork & Quilting Group**

Meets every Monday morning, 10 am to 12 mid-day. Beginners welcome! Contact Phil Thomas on 556-5569.

## **Patchwork & Quilting: A Complete Course**

For more information call Phil Thomas on 556-5569



## **Piano**

### **Lessons**

American concert pianist Roberta Swedien has 28 years teaching experience and is giving lessons in her Defence Colony music studio. These lessons can include music history, theory, composition, form and analysis and performance as well as technique and repertoire. For intermediate and advanced students only. Call Roberta for details on 461-0918.

## **Tushita Meditation Centre**

Women's spiritual development group, which meets every Wednesday at 10.30 am. They organise healing workshops on yoga, Reiki, tai-chi, etc. Teaching by Buddhist lama. Call Renuka Singh on 651- 8248 for details.

## **Scottish Country Dancing**

Thursdays 8 pm in the British High Commission hall. Don't worry if you have two left feet! Contact Maureen Sachdev 463-3658 Ext. 207



## **Silk Painting**

An introduction to silk painting. Learn the basic techniques using water based paint. Minimum time needed would be five mornings only. Instruction can be given in French, Dutch or English. If interested, please call Sylvie Kuenzi, phone 463-3644.

## **Spanish Lessons**

Instituto Hispania offers classes in Spanish language, following a communicative methodology derived as a result of extensive number of studies in the field of teaching Spanish as a foreign language. The teachers are Spanish nationals as well as postgraduates from leading Indian and Spanish universities. Y-10 Green Park, behind McDonalds, phone 696-8016, 8043

## **United Nations Women's Association**

Offers a varied programme of informative and social activities, and supports a kindergarten for under-privileged children. For details call Sherine on 696-0233 or Jill on 687-9685.

## **Yoga**

- ◆ Experienced teacher who has been recommended by several expats, will come to your home. Call Raju on 614-2908 between 12 and 3 pm.
- ◆ Yogesh Kumar, phone 623-3996  
Pager 9632-122692.

## HOW TO WEAR A SARI

No exotic fancy dress, but a garment that is worn daily by women through the length and breadth of India, five and a half metres of continuous fabric. Unstitched. Yet perfect fit for every figure. And not as complicated to wear as you might suppose

Step 1



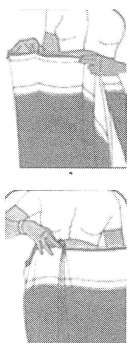
At least part of the secret of the sari are the “underneath” garments a waist to floor length petticoat, tied tightly at the waist by a drawstring (No elastic please!) and a tight fitting blouse that ends just below the bust—short sleeved or sleeveless, with a variety of necklines

Step 2



Starting at the navel. Tuck the plain end of the sari into the petticoat for one complete turn from right to left. Make sure that the lower end of the sari touches the floor

Step 3 and 4



Beginning from the tucked in end start making pleats in the sari about 5 inches deep. Make about 7 to 10 pleats and hold them together so that they fall straight and even

Step 5



Tuck the pleats into the waist slightly to the left of the navel, and make sure that they are turned towards the left

Step 6



Drape the remaining fabric around yourself once more left to right, and bring it up under the right arm and over the left shoulder so that it falls to about the level of the knees

Step 7



The end portion thus draped is the pallay, and can be prevented from slipping off by fixing it at the shoulder to the blouse with a small safety pin

Sari Magic on the Internet.

# SPORTS



## Delhi Hash House Harriers

Regular runs on Monday evenings and Saturday afternoons. Family runs on some Sundays. Call the Community Liaison Officer (CLO) at the British High Commission on 687 -2161



## Ballooning

Ballooning Club of India, 8B Bahadur Shah Zafar Marg, 331-7977.



## Bowling

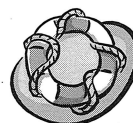
Facilities at Qutab Hotel, Little Paradise (12/7 Mathura Road, Faridabad), Bawa Sports Complex (Kishangarh, Mehrauli), Leisure Bowl (Aruna Asaf Ali Marg, Vasant Kunj); and First Bowl at 32<sup>nd</sup> Milestone Complex (Delhi-Jaipur Bypass, Gurgaon).

**Delhi Tourism (3314229) provides facilities for:**



## Cycle Tours

Amar Jeet Singh 336-5358, 336-3607  
Adventure Tourism



## Pedal Boating

Old Fort moat, India Gate moat 9 am to 6 pm. Rs. 40 per half-hour.



## Rock Climbing

At the Adventure Park, Lado Sarai natural rocks. 9 am to 1 pm, September to December. Rs. 55 per head per day.

Rock climbing can also be done at Indian Mountaineering Foundation (IMF), Anand Niketan which has 3 artificial walls built to international specifications.

Rates: Casual, Rs. 100 per day (including equipment and instruction). Annual, Rs. 300 plus Rs. 30 per month (including equipment and instruction).



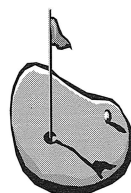
## Football

Various embassies have joined together to form a soccer competition. Contact your Embassies for details.



## Gliding

Daily rides from 1 pm til sunset every day except Wednesdays. At Delhi Gliding Club, Safdarjung Airport (phone 463-8052). Cost of flight per person Rs.75.



## Golf

Delhi Golf Club

Dr Zakir Hussain Marg, tel. 436-2768 or 436-2235

The Meadows Golf Course, located on Sohna Road, near Gurgaon. , Tel: 687-2274



## Polo

Army Polo & Riding Club, Tel: 569-9444/555

The Indian Polo Association,  
Tel: 301-5604

Polo Season: October-February



## Ladies Open Tennis at AES

Every Tuesday and Thursday morning from 8.30-11.30 at the American Embassy clay courts (entry Gate 3). No need to call first. If you know how to play, just turn up with your racket, ready to enjoy the game and the company. Players at all levels (other than absolute beginners) are most welcome. Lessons for beginners are available through the DLTA (details given below). Get started and then come along too!

Delhi Lawn Tennis Association, Africa Avenue, Telephone 617-6140 or 619-3955



## Sailing

Defence Services Sailing Club,  
Tel: 301-9604



## Shooting

Dr Karni Singh Shooting Range,  
Surajkund Road, Tel: 698-6802

Help us keep the Newsletter up to date. Let us know if you discover any new activities to add or items to change if they are out of date. Drop your comments off at the Delhi Network Office or call one of the Editors.



# SERVICES

## ANIMAL SHELTER/VETERINARY HOSPITAL

Jeevashram provides programs to control stray animals, a hospital, operating theatre, mobile dispensary, private boarding. Contact **Angela Garnett** for more information on 556-3696 or 556-4114

## CHICKEN

**MESH** - Maximizing Employment to Serve the Handicapped - is an organisation responsible for marketing products made by disabled people in India. MESH can deliver fresh chickens to your home. Especially good for roasting, the chickens are raised in animal friendly conditions to International standards. For more details, or to place an order call 696-5039 or 656-8048

## DOMESTIC HELP REGISTRY

Located in the American Embassy compound, Gate D. It is a source in New Delhi to help find household staff, which has experience in foreign households; open to those holding a foreign passport. You can come by:

- for interviews : Wednesday and Friday 9.30 to 12.00 noon (last interview at 11.45 am)
- for registration : Thursday 9.30 to 12.00 noon (last documents accepted at 10.30 am).

Call for further details or with questions on 419-8000, ext. 413. Need help writing a reference letter - come see us too. We're also looking for expat volunteers to staff the Registry who have had experience with staff themselves and can give good advice.

## FOOD AND DRINK

**Kingsbarn** is a leading name in the UK for exports of top quality goods and services to embassies and expatriates. For further details, contact Kingsbarn at 649-7025.



## FURNITURE

Visit **Rhonda Williams'** Fusion Design Furniture Showroom for furniture for your home, office, garden and pool. Traditional European style sofas, chairs, beds, tables, desks, cabinets and more are available. Special orders to meet your specifications will be undertaken. Visit our showroom at 28 B/7 Jia Sarai (near IIT) between 11 am and 3 pm Monday to Saturday, or call for an appointment: 685-3460.

## HERBALIFE

**Good health through intelligent nutrition.** Herbalife has combined the best of nature and science to create exclusive products to enhance your nutritional fitness, vitality and well-being. Lose or gain weight safely, or just increase your vitality. Phone **Sue Lohage** on 6223344 ext 411 or 98 101 67417

## MASSEUSE

**Laxmi** has been massaging diplomats and expatriate couples in their homes for some years. Call 647-0609.

## PET CLINIC

5:00-7:00 pm, 2nd Sunday of every month. Local veterinarians available for check-ups and vaccination at the Domestic Registry at the American Embassy Compound, Gate D. Open to all expats in Delhi. Contact **Karen Wald** at 419-8331 (O) and 614-3719 (H) and **Judy Nay** on 461-1911. Some pet items are available.



## VETERINARY SERVICES

**Dr Jaseet Josan**  
**24hr Emergency Service**

Phone 016355553/916367812  
Mobile 9811170812  
E-Mail [drjosan@hotmail.com](mailto:drjosan@hotmail.com)

Feel

the

Hyatt

Regency

Delhi

World class hospitality with a  
distinctly Indian character.

Gracious smiles with every service  
you could wish for.

Fine cuisines with flavours and  
aromas that await your discovery.

And communication facilities  
which offer all the right  
connections.

Straight from the heart of Delhi.

Feel the Hyatt touch.



Bhikaiji Cama Place, Ring Road, New Delhi-110066 Tel. : 6791234 Fax : 6791122





**DELHI NETWORK**  
**The Arcade**  
**Hyatt Regency Hotel,**  
**Bhikaji Cama Place,**  
**New Delhi-110001**

*Case for cover*  
*Aug 12*  
*Aug 18*  
*Aug 22*